

Essential Newborn Care 1

SIMULATION PRACTICE CARDS



Quick, hands-on practice of Immediate Care and Helping Babies Breathe at Birth

- Learning cases for two or three people
- Based on situations that providers encounter in the health facility



**World Health
Organization**

The recommended management of the cases is based on WHO guidelines

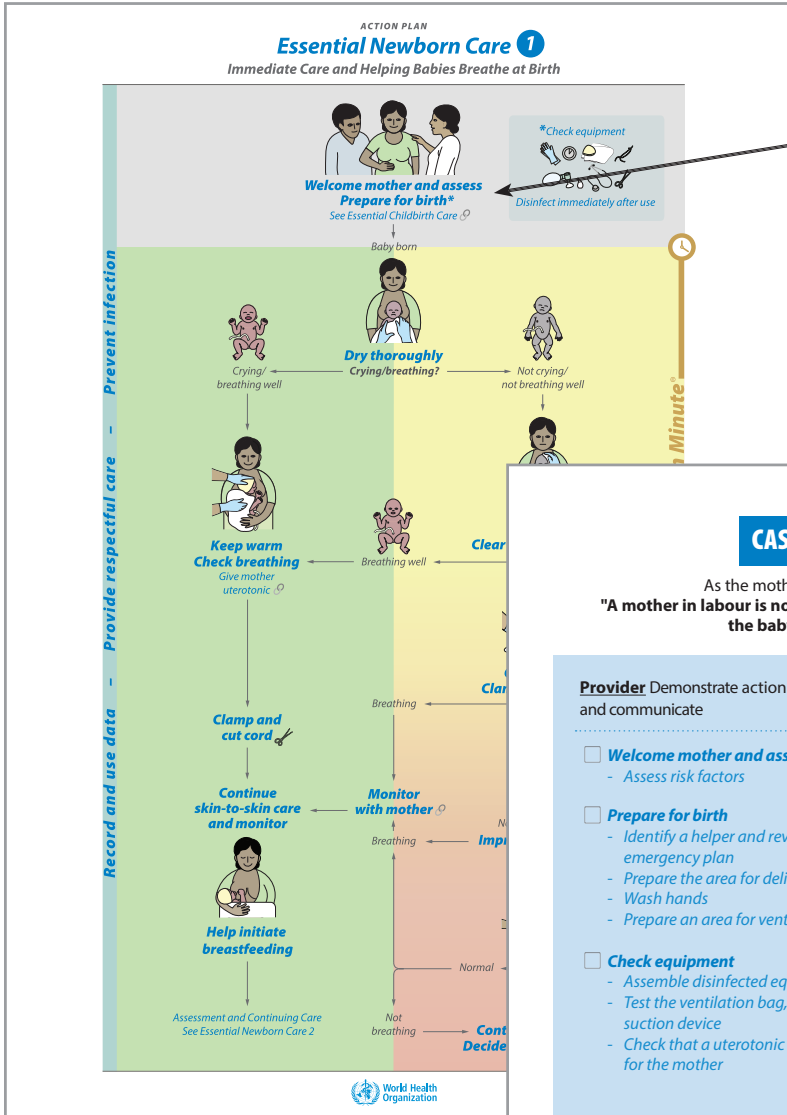
Essential Newborn Care 1
Simulation Practice Cards:
Quick, hands-on practice of Immediate Care and
Helping Babies Breathe at Birth

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PRINT OR USE ONLINE PRACTICE CARDS:

<https://hmbs.org/>

Action Plan:



Action step (blue)

Case

CASE 1: Preparation for birth

As the mother (or helper), read out loud to the provider:
"A mother in labour is now 8 cm dilated. Show how you will prepare for birth of the baby and communicate with the mother."

Provider Demonstrate action steps and communicate

- Welcome mother and assess**
 - Assess risk factors
- Prepare for birth**
 - Identify a helper and review the emergency plan
 - Prepare the area for delivery
 - Wash hands
 - Prepare an area for ventilation
- Check equipment**
 - Assemble disinfected equipment
 - Test the ventilation bag, mask and suction device
 - Check that a uterotonic is prepared for the mother

Mother (or helper) If action is not done, use the prompts to provide hint

- "Who are you?"
- "Is there anyone who can help you?"
- "I am cold." or "The room is very dark."
- "Your hands are dirty." or "My hands are dirty."
- "What if my baby needs help to breathe?"
- "Do you need things to help my baby?"
- "Is everything working?"
- "Will I be OK?"

Discuss together

Discuss together

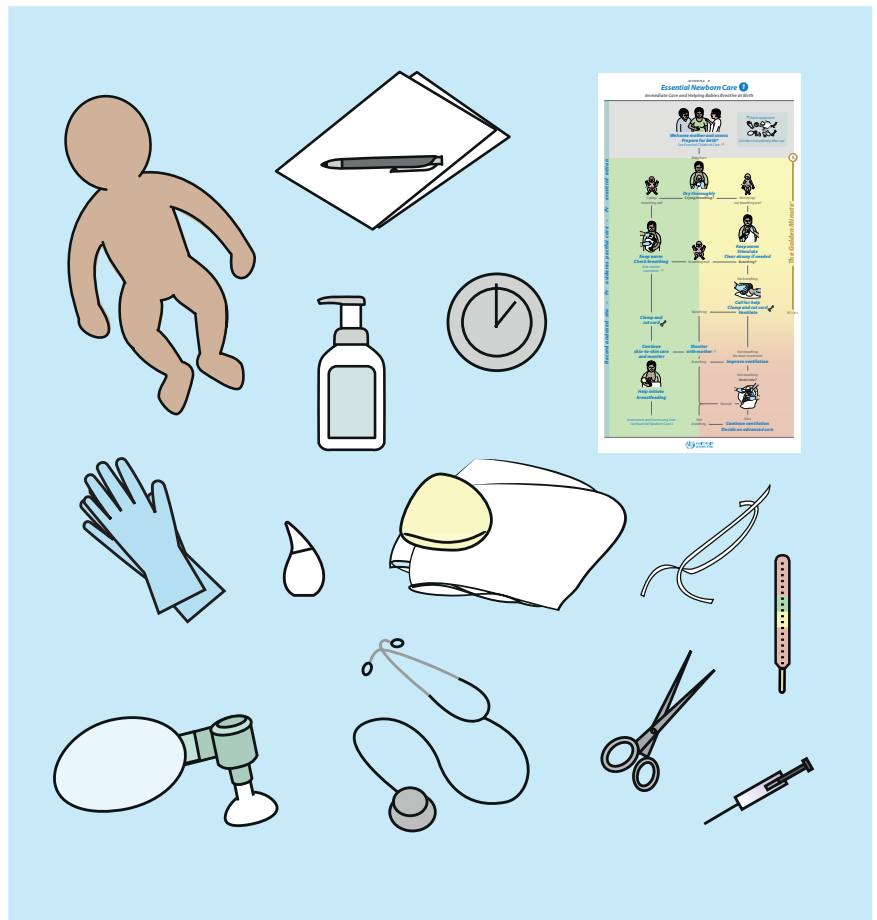
What went well?
 Did you follow the Action Plan?
 If not, why, and what will you change?

How did you

- provide respectful care and communicate?
- prevent infection?
- record and use data?

EQUIPMENT

- Action Plan
- Pen and paper
- Hand cleaner
- Newborn simulator
- Gloves
- Clock
- Head covering (for baby)
- Cloths (dry and clean)
- Cord ties/clamps
- Stethoscope
- Ventilation bag and mask
- Suction device
- Scissors
- Thermometer
- Syringe



HOW TO USE THE SIMULATION PRACTICE CARDS

1. **Work in groups of two or three**

2. **Choose the case you want to practice**

3. **Find the necessary equipment**

4. **Choose roles and start the exercise**

Mother:

- Read the case
- Engages with the simulator, ask questions, give prompts as needed

Provider:

- Demonstrate action step without looking at checklist (look at the Action Plan)
- Communicate with the mother (and the helper).

Helper (optional):

- Give prompts as needed.

5. **Participants switch roles and repeat the exercise**

6. **When the exercise is finished, review the action steps and Discuss together:**

- Provider/s review the action steps and reflect on their performance.
- Mother/s and helper/s give comments to improve performance and show steps that were missed during the exercise.

Essential Newborn Care 1

Immediate Care and Helping Babies Breathe at Birth

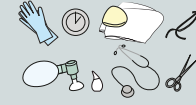
Record and use data – Provide respectful care – Prevent infection



**Welcome mother and assess
Prepare for birth***

See Essential Childbirth Care

*Check equipment



Disinfect immediately after use

Baby born



Dry thoroughly

Crying/breathing?



Crying/
breathing well



Not crying/
not breathing well



**Keep warm
Check breathing**

Give mother
uterotonic



**Keep warm
Stimulate
Clear airway if needed**



Breathing well

Breathing?

Not breathing



**Call for help
Clamp and cut cord
Ventilate**

Breathing

60 sec

**Clamp and
cut cord**

**Continue
skin-to-skin care
and monitor**

**Monitor
with mother**

Not breathing
No chest movement

Improve ventilation



**Help initiate
breastfeeding**

Breathing

Not breathing
Heart rate?



Normal

Assessment and Continuing Care
See Essential Newborn Care 2

Not
breathing

**Continue ventilation
Decide on advanced care**

The Golden Minute®

CASE 1: Preparation for birth

As the mother (or helper), read out loud to the provider:

"A mother in labour is now 8 cm dilated. Show how you will prepare for birth of the baby and communicate with the mother."

Provider Demonstrate action steps and communicate

Mother (or helper) If action is not done, use the prompts to provide hint

- Welcome mother and assess**
 - Assess risk factors

- Prepare for birth**
 - Identify a helper and review the emergency plan
 - Prepare the area for delivery
 - Wash hands
 - Prepare an area for ventilation

- Check equipment**
 - Assemble disinfected equipment
 - Test the ventilation bag, mask and suction device
 - Check that a uterotonic is prepared for the mother

"Who are you?"

"Is there anyone who can help you?"

"I am cold." or "The room is very dark."
"Your hands are dirty." or "My hands are dirty."
"What if my baby needs help to breathe?"

"Do you need things to help my baby?"
"Is everything working?"

"Will I be OK?"

Discuss together

What went well?

Did you follow the Action Plan?

If not, why, and what will you change?

How did you

- provide respectful care and communicate?
- prevent infection?
- record and use data?

Essential Newborn Care 1

Immediate Care and Helping Babies Breathe at Birth

Record and use data – Provide respectful care – Prevent infection



**Welcome mother and assess
Prepare for birth***

See Essential Childbirth Care

*Check equipment



Disinfect immediately after use

Baby born



Dry thoroughly

Crying/breathing?



Crying/
breathing well



Not crying/
not breathing well



**Keep warm
Check breathing**

Give mother
uterotonic



**Keep warm
Stimulate
Clear airway if needed**



Breathing well

Breathing?

Not breathing



**Call for help
Clamp and cut cord
Ventilate**

Breathing

60 sec

**Clamp and
cut cord**

**Continue
skin-to-skin care
and monitor**

**Monitor
with mother**

Not breathing
No chest movement

Improve ventilation



**Help initiate
breastfeeding**

Breathing

Not breathing
Heart rate?



Normal

Not
breathing

Slow

**Continue ventilation
Decide on advanced care**

Assessment and Continuing Care
See Essential Newborn Care 2



The Golden Minute®

CASE 2: Routine care

As the mother (or helper), read out loud to the provider:
“A baby is born. Show how you will care for a baby who is crying and breathing well, and communicate with the mother.”

Provider Demonstrate action steps and communicate

Mother (or helper) If action is not done, use the prompts to provide hint

Call out time of birth

“When was my baby born?”

Dry thoroughly

- Remove wet cloth

“My baby is wet.”

Recognize crying/ breathing well

“Is my baby OK?”

Keep warm

- Place baby skin-to-skin

- Cover with dry cloth

“My baby is cold.”

Check breathing

Give mother uterotonic

🔗 Check for bleeding

“Should I get some medication?”

Clamp and cut cord

“When do you cut my baby’s cord?”

Continue skin-to-skin care and monitor

- temperature

- breathing

- mother for bleeding

“My baby is cold.”

Help initiate breastfeeding

“Can you help me breastfeed?”

Discuss together

What went well?

Did you follow the Action Plan?

If not, why, and what will you change?

How did you

- provide respectful care and communicate?

- prevent infection?

- record and use data?

Essential Newborn Care 1

Immediate Care and Helping Babies Breathe at Birth

Record and use data – Provide respectful care – Prevent infection



**Welcome mother and assess
Prepare for birth***

See Essential Childbirth Care

*Check equipment



Disinfect immediately after use

Baby born



Dry thoroughly

Crying/breathing?



Crying/
breathing well



Not crying/
not breathing well



**Keep warm
Check breathing**

Give mother
uterotonic



**Keep warm
Stimulate
Clear airway if needed**



Breathing well

Breathing?

Not breathing



**Call for help
Clamp and cut cord
Ventilate**

Breathing

60 sec

**Clamp and
cut cord**

**Continue
skin-to-skin care
and monitor**

**Monitor
with mother**

Not breathing
No chest movement

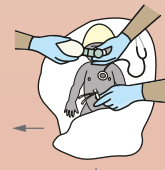
Improve ventilation



**Help initiate
breastfeeding**

Breathing

Not breathing
Heart rate?



Normal

Not
breathing

**Continue ventilation
Decide on advanced care**

Assessment and Continuing Care
See Essential Newborn Care 2

The Golden Minute®

CASE 3: The Golden Minute

Stimulate breathing and clear the airway if needed

As the mother (or helper), read out loud to the provider:
"A baby is born. Show how you will care for the baby who is NOT crying or breathing well. Communicate with the mother."

Provider Demonstrate action steps and communicate

Mother (or helper) If action is not done, use the prompts to provide hint

- Call out time of birth**
- Dry thoroughly**
 - Remove wet cloth
- Recognize not crying/ not breathing well

"When was my baby born?"
 "My baby is wet."
 "My baby is cold."
 "Is my baby OK?"

- Keep warm**
 - Place baby skin-to-skin
 - Cover with dry cloth

"My baby is cold."

- Stimulate**
- Clear airway if needed**

"How can you help my baby breathe?"
 IF PROVIDER ASKS, say:
 "Nothing is blocking the airways."
 "Is my baby OK?"

- Recognize breathing well

- Keep warm**
- Check breathing**
- Give mother uterotonic
 - 🔗 Check for bleeding

"Should I get some medication?"

- Clamp and cut cord**

"When do you cut my baby's cord?"

- Continue skin-to-skin care and monitor**
 - temperature
 - breathing
 - mother for bleeding

"Will my baby get cold?"

- Help initiate breastfeeding**

"Can you help me breastfeed?"

Discuss together

What went well?

Did you follow the Action Plan?

If not, why, and what will you change?

How did you

- provide respectful care and communicate?
- prevent infection?
- record and use data?

Essential Newborn Care 1

Immediate Care and Helping Babies Breathe at Birth

Record and use data – Provide respectful care – Prevent infection



**Welcome mother and assess
Prepare for birth***

See Essential Childbirth Care

*Check equipment



Disinfect immediately after use

Baby born



Dry thoroughly

Crying/breathing?



Crying/
breathing well



Not crying/
not breathing well



**Keep warm
Check breathing**

Give mother
uterotonic



**Keep warm
Stimulate
Clear airway if needed**



Breathing well

Breathing?

Not breathing



**Call for help
Clamp and cut cord
Ventilate**

Breathing

60 sec

**Clamp and
cut cord**

**Continue
skin-to-skin care
and monitor**

**Monitor
with mother**

Not breathing
No chest movement

Improve ventilation



**Help initiate
breastfeeding**

Breathing

Not breathing
Heart rate?



Normal

Assessment and Continuing Care
See Essential Newborn Care 2

Not
breathing

**Continue ventilation
Decide on advanced care**

The Golden Minute®

CASE 4: The Golden Minute

Ventilate

As the mother (or helper), read out loud to the provider:

“A baby is born. Show how you will care for the baby who is NOT crying or breathing well. Communicate with the mother.”

Provider Demonstrate action steps and communicate

- Call out time of birth**
- Dry thoroughly**
 - Remove wet cloth
- Recognize not crying/ not breathing well

- Keep warm**
 - Place baby skin-to-skin
 - Cover with dry cloth
- Stimulate**
- Clear airway if needed**

- Recognize not breathing

- Call for help**
- Clamp and cut cord**
 - Move to area for ventilation
 - Stand at head
 - Check mask size
- Ventilate**
 - 40 breaths per minute
 - Observe chest movement
- Recognize breathing

- Monitor with mother**
 - 🔄 Give mother uterotonic

- Continue skin-to-skin care and monitor**
 - temperature
 - breathing
 - mother for bleeding

- Help initiate breastfeeding**

Mother (or helper) If action is not done, use the prompts to provide hint

- “When was my baby born?”*
- “My baby is wet.”*
- “My baby is cold.”*
- “Is my baby OK?”*

- “My baby is cold.”*

- “How can you help my baby breathe?”*
- IF PROVIDER ASKS, say:*
- “Nothing is blocking the airways.”*
- “Is my baby OK?”*

- “Should you get some help?”*
- “When do you cut my baby’s cord?”*
- “Is my baby OK now?”*

- “Is what you are doing working?”*

- “Is my baby OK now?”*

- “My baby is cold.”*
- “Should I get some medication?”*

- “Can you help me breastfeed?”*

Discuss together

What went well?

Did you follow the Action Plan?

If not, why, and what will you change?

How did you

- provide respectful care and communicate?
- prevent infection?
- record and use data?

Essential Newborn Care 1

Immediate Care and Helping Babies Breathe at Birth

Record and use data – Provide respectful care – Prevent infection



**Welcome mother and assess
Prepare for birth***

See Essential Childbirth Care

*Check equipment



Disinfect immediately after use

Baby born



Dry thoroughly

Crying/breathing?



Crying/
breathing well



Not crying/
not breathing well



**Keep warm
Check breathing**

Give mother
uterotonic



**Keep warm
Stimulate
Clear airway if needed**



Breathing well

Breathing?

Not breathing



**Call for help
Clamp and cut cord
Ventilate**

Breathing

60 sec

**Clamp and
cut cord**

**Continue
skin-to-skin care
and monitor**

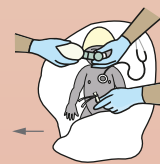
**Monitor
with mother**

Not breathing
No chest movement

Improve ventilation

Breathing

Not breathing
Heart rate?



Normal

**Help initiate
breastfeeding**

Assessment and Continuing Care
See Essential Newborn Care 2

Not
breathing

**Continue ventilation
Decide on advanced care**



The Golden Minute®

CASE 5: Improve ventilation

As the mother (or helper), read out loud to the provider:

“A baby is not breathing, you start ventilation and there is no chest movement. Show how you will care for the baby and communicate with the mother.”

Provider Demonstrate action steps and communicate

- Recognize not crying/ not breathing
- Recognize chest not moving

Improve ventilation

- Reapply mask
- Reposition head
- Clear mouth and nose
- Open mouth
- Squeeze the bag harder

- Recognize breathing

Continue skin-to-skin care and monitor with mother

- breathing, color, heart rate
- temperature
- bleeding (mother)

Help initiate breastfeeding

- Communicate with mother and family
- Continue essential newborn care, identify the baby, complete birth record

Disinfect equipment

Mother (or helper) If action is not done, use the prompts to provide hint

“Is my baby OK?”

“Is my baby OK? IF PROVIDER ASKS, say: “The baby is breathing now.”

“What happened?”

Discuss together

What went well?

Did you follow the Action Plan?

If not, why, and what will you change?

How did you

- provide respectful care and communicate?
- prevent infection?
- record and use data?

Essential Newborn Care 1

Immediate Care and Helping Babies Breathe at Birth

Record and use data – Provide respectful care – Prevent infection



**Welcome mother and assess
Prepare for birth***

See Essential Childbirth Care

*Check equipment



Disinfect immediately after use

Baby born



Dry thoroughly

Crying/breathing?



Crying/
breathing well



Not crying/
not breathing well



**Keep warm
Check breathing**

Give mother
uterotonic



**Keep warm
Stimulate
Clear airway if needed**



Breathing well

Breathing?

Not breathing



**Call for help
Clamp and cut cord
Ventilate**

Breathing

60 sec

**Clamp and
cut cord**

**Continue
skin-to-skin care
and monitor**

**Monitor
with mother**

Not breathing
No chest movement

Improve ventilation



**Help initiate
breastfeeding**

Breathing

Not breathing
Heart rate?



Normal

Not
breathing

**Continue ventilation
Decide on advanced care**

Assessment and Continuing Care
See Essential Newborn Care 2

The Golden Minute®

CASE 6: Decide on advanced care

As the mother (or helper), read out loud to the provider:

**“A baby is not breathing, but has chest movement with bag and mask ventilation.
Show how you will care for the baby and communicate with the mother.”**

Provider Demonstrate action steps
and communicate

Mother (or helper) If action is not
done, use the prompts to provide hint

- Recognize not breathing
- Recognize slow heart rate

“Is my baby OK?”
IF PROVIDER ASKS, say: “Heart rate is 70.”

- Continue ventilation**
- Recognize not breathing
- Recognize normal heart rate

“Is my baby OK?”
IF PROVIDER ASKS, say: “Heart rate is 120.”

- Decide on advanced care**
 - Communicate with mother and family

“What happened?”

- Record data**
 - Prepare referral note

“What do I tell the new doctor?”

Discuss together

What went well?

Did you follow the Action Plan?

If not, why, and what will you change?

How did you

- provide respectful care and communicate?
- prevent infection?
- record and use data?